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ABSTRACT

Those responsible for the care of another human being, such as a child, an elderly parent, or an ailing spouse, often need help and support. Carepooling is the act of caregivers exchanging day-to-day help and support. This book offers simple, effective, practical ways to exchange help and share support with friends, neighbors, and co-workers. Chapters in the first part examine topics particular to caregivers including personal values, day-to-day caregiving over time, the stresses and costs of giving too much, the difficulty of asking for help, and the decision to carepool. Chapters in the second part serve as a guide to assessing the caregiving situation, finding a carepooler, getting started, writing carepooling agreements, hiring a care provider, carepooling give and take, resolving conflicts, and reviewing the carepooling arrangement. The third part offers good reasons and solid ideas about why and how carepooling benefits everyone, and is directed to anyone considering carepooling as a strategy in their workplace, school, organization, or community. A resource list of more than 140 publications and organizations is included. (TJQ)

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